

# lifegroups

## HOW TO PLAN A KINDNESS PROJECT

### Active Kindness Defined and Explained

A practical definition of Active Kindness is “demonstrating God’s love by offering to do humble acts of service, in Christ’s name, with no strings attached.” Steve Sjogren, *Irresistible Evangelism 2004*.

The goal of doing an Active Kindness project is to show people God’s love in a practical way. What your group does is something you will figure out together. However, how you do this outreach project is extremely important. This is more than going out into the community and doing random acts of kindness. Roman 2.4 tells us that kindness and love of God activate profound changes in those who experience it, and 2 Corinthians 5.20 tells us that we are God’s ambassadors in this world. In light of those scriptures, and many others, we want to challenge people to become ambassadors of kindness in every area of their lives. As a church, Real Life has made it a goal to touch 100,000 people in Santa Clarita with some act of kindness before we move into our new building. As of October 1<sup>st</sup> 2008, we have had 72,000 touches of kindness reported.

### Life Group Active Kindness Project Planning

**Goal:** Plan an Active Kindness Project that can be accomplished by the Life Group in the Santa Clarita Valley.

**Purpose:** To show people God’s love in a practical way.

**Instructions:** 3 things to keep in mind as you plan.

**Keep it simple!** - Decide on an activity that is possible—it should be something you know you can accomplish. Otherwise you will get discouraged.

**Keep quiet!** - This is not a marketing campaign for the church. Simply offer to do an act of kindness, and, if people ask questions, feel free to answer them. Otherwise, just hand them a “Kindness Card.” Rule of thumb with Active Kindness is to do more listening than talking!

**Keep track!** - Keep track of how many people with whom you come into contact, and report the totals and details of your project to [bbeard@reallifechurch.org](mailto:bbeard@reallifechurch.org). We are aiming to touch 100,000 people with acts of kindness!

### **3 Suggestions:**

Below are three suggested Active Kindness projects. Feel free to be creative and come up with your own ideas. These are simply here to help you get started. For more ideas, go to [www.servantevangelism.com](http://www.servantevangelism.com).

The church has printed up thousands of “Kindness Cards” and “Kindness Stickers” for you to hand out to the people you come into contact with during your project. The cards are great because they are a non-threatening way to tell people why you’re doing what you’re doing. Select one person to pick up “Kindness Cards” or “Kindness Stickers” from the church office, and distribute them during your project.



**1. Hand out free popcorn, candy bars, tootsie pops, etc., at a local high school sporting event like a football or baseball game.**

**2. Do a kindness project at a large community event.** (Marathon, parade, etc.)

**3. Hold a free block party.** Rent a bounce house, fire up the BBQ, and invite the entire neighborhood to a “Come and Go Block Party.” Create invitations, and personally invite people in the neighborhood your group selected to serve.

**4. Clean restrooms.** Break into groups of 2 or 3 for this one! Roll up your sleeves and clean the scum off toilets, mirrors, and sinks in gas stations and other places. (Smaller stores and companies located in strip malls are more likely to welcome a free bathroom cleaning.)

**5. Come up with your own creative idea!**

#### **What to say:**

The key to successfully carrying out Active Kindness is LISTENING. Offer to do an act of kindness, and then LISTEN. Don't give a speech, don't try to invite people to church. Just offer to do something kind for them and LISTEN. If they ask questions, of course you should answer them, but keep it brief and focus on listening. The act of kindness, followed up with a Kindness Card, will say plenty to people!

#### **As you approach people...**

“Would you like a free cold drink... no strings attached?”

“Hi, we're from a local community organization, and we were wondering if you would allow us to clean your bathroom....no strings attached.”

#### **When they ask why you're doing this...**

“We just want to get out and show people God's love in a practical way.”

“Well, we think that if Jesus were around today, he would be doing this.”

#### **As you leave...**

“Thank you.” (Hand them a Kindness Card that explains why we're doing what we're doing, and give them a link to the church if they would like to ask more questions or investigate.)

